

The number one cause of disenrollment from Officer Candidates School is injury. Strength and flexibility are key factors to prevent overuse injuries, and stretching is an easy way to promote both. Two weeks after your arrival at OCS is NOT the time to begin a stretching program. Stretching must be carried out at least after every workout session and throughout the day to make a permanent change in the extensibility of your muscles.

Below are pictures and descriptions of each of the stretches that are carried out during a Stretch PT Session during OCS, seen executed by a Physical Training Instructor. The day after any major physical training events, an hour is dedicated to this series of stretching to ensure the candidates' healthy recovery.

Abdominal stretch



Back stretch



Chest stretch



Groin stretch



Hamstring stretch



Hurdler stretch





Shoulder stretch



Tricep stretch



Calf stretch

